

## CROSS COUNTRY

Manchester College is a great choice if you want to compete at the collegiate level and realize your full potential as a runner and student-athlete. The men's and women's teams vie for top rankings in NCAA Division III and the Heartland Collegiate Athletic Conference (HCAC).

### opportunities

As student-athletes, cross country runners take college seriously. Team members pursue success at its highest level – on the course, in the classroom, and in their relationships with each other. Academically, the team achieves a grade point average of 3.0 or higher each semester.

### meet the coach

Coach Brian Cashdollar leads a group of dedicated teammates who work hard together and encourage each other to achieve their full potential. The cross country program, combined with track and field, has produced more than 52 Academic All-Americans, 20 Athletic All-Americans and three national champions. Now in his 11th year as head coach, Cashdollar was a four-year letter winner and two-time captain while participating in track and field at Ball State University. He was named HCAC Coach of the Year in 2003.

### highlights

MC has a long history of cross country success. At the conference meet, the men's team finished in the top three in seven of the last eight years, while the 2007 women's team was recognized by the United States Track and Field and Cross Country Coaches Association as an All-Academic team based on the team's cumulative GPA. Together, 37 athletes have received All-Conference honors over the last 10 years, with three named All-Region athletes and one national qualifier. Five teams have been named Academic All-American. The men and women finished second and third respectfully in the conference standings in 2008 with an individual champion on the men's side, and a runner-up on the women's side.

### facilities

The men and women practice and compete on a campus course that is designed to be fast. The teams also use the facilities at the Physical Education and Recreation Center (PERC) including the weight room, training room, meeting rooms and coaches' offices.

I FOUND

... EVERYTHING!

I found everything I wanted in a college experience – new friends, teammates, and an opportunity to do what I love most. I'm part of a team that's dreaming huge, and because of Manchester, I'm more outgoing and confident. I can't even think about being anywhere else!

Jessica Bremer '11, exercise science major

### Find your place.

When you're on the cross country team, you'll know you've found your place. For more information or to set up a campus visit, call the Office of Admissions at 800-852-3648, e-mail [admitinfo@manchester.edu](mailto:admitinfo@manchester.edu), or visit our website at [www.manchester.edu](http://www.manchester.edu). Or, call the Athletics Office at 260-982-5390 and ask for Coach Brian Cashdollar.

Visit [findyourplace.manchester.edu](http://findyourplace.manchester.edu)

